



HOW TO ROAST CAULIFLOWER



Serves: 4



Prep Time: 10 minutes
Cook Time: 15 minutes

INGREDIENTS

- 2 Tbsp. extra virgin olive oil
- 2 cloves garlic, minced
- 1 head Ocean Mist Farms Cauliflower, cleaned and cut into florets
- Salt & pepper, to taste
- Red chili flakes, optional
- Juice of 1 lemon



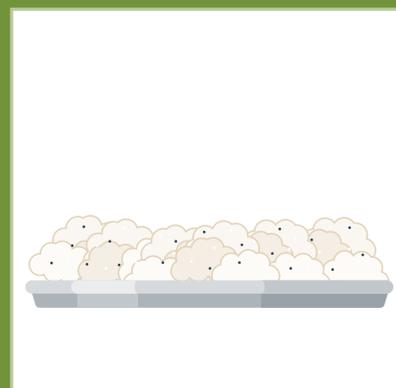
PREHEAT

Oven to 400° F.



MIX

All ingredients in a bowl.



SPREAD

Onto a baking sheet.



ROAST

For 15-17 minutes, until sprouts are browned and tender. Serve hot.



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